

## Wonder Anew Questions



**Wonder Anew is a listening and question-guided practice for processing difficulty.**

Answering the questions is like being a researcher investigating and exploring an incredibly significant matter—you and your difficulty. The difficulty can be big or small. It can be a difficult relationship with a person, thing, or experience.

**Begin with quiet and stillness.** Focus on your breath for a few minutes.

**Be curious.**

Most important—***approach this with kindness and warmth.***

**Answer every question.** Get a paper and pencil. (This is not about being a good writer.) Write "1." Answer that question. Write what comes to you. Then "2." Answer. And so on.

### **1. What is your difficulty?**

Begin with "I..." or "My...." In other words, use a first person narrative and describe your difficulty. Admitting is clarifying and motivating.

### **2. What feelings arise?**

Feeling our feelings rather than escaping them is a super power. It takes courage because you're inviting in what is most messing with your mind and heart. So with gentleness, be with yourself just as you are. Notice and accept your feelings with curiosity. A *Feelings List* might be helpful.

### 3. How is your difficulty affecting you?

Let your experience tell you how your difficulty is showing up in your body and mind. What is the story you're telling yourself about this problem? How are you coping?

### 4. What is your part in the difficulty?

This question does not mean that you did anything bad (or good). It asks you to reflect on your relationship with or participation in the difficulty. It infers that rather than trying to change someone or the situation, we can work with *our* beliefs, *our* thoughts, *our* feelings, *our* words, and *our* actions.

### 5. What are you learning about yourself?

Be curious about what helps and what hinders. Write about your habits and patterns, realizations.

### 6. What can you shift in your perspective?

This is the let go question. “Have you ever imagined what it must be like to see the world through someone else’s eyes?” (Elizabeth Mattis Namgyel) Play with a new perspective— look at your experience from another point of view, another point in time, or as another person in a similar situation.

### 7. How do you choose to work with your difficulty?

Think of your chosen response as an experimental action or something new to try—a response that does not escalate your difficulty nor polarize or harm you or others. Then give that response a go. Try and reflect on it—how did it go? If it went well, resolve to continue on. If not, experiment with another response.

### 8. What might you learn from your difficulty?

This question suggests that we can benefit from all experiences, even difficult ones. Let yourself have a long view of what is happening. What would your 10-years-into-the-future self say to you right now?

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**IMAGE:** After high winds and drenching rains, I decided to see how the Great Horned Owlets were handling the difficult weather. I hid low in the brush. Through my camera lens, I saw, just like me, the sweet baby owls were wet, windswept, crouched, with eyes wide.